



## **WINTER WEATHER TIPS FOR SENIORS**

Emergency preparedness makes good sense. List emergency numbers and keep them by the telephone. It is not uncommon during heavy snow or ice storms to have a power outage. Keep these emergency supplies on hand:

- ❖ Flashlight with extra batteries
- ❖ Battery operated radio with extra batteries
- ❖ Backup power supply for any device that would create a life-threatening situation if you should loose power
- ❖ Prescription medication for at least 7 days.
- ❖ Personal hygiene supplies
- ❖ Non-perishable food supply for at least 3 days
- ❖ Canned foods
- ❖ Crackers
- ❖ Dried fruit
- ❖ Stew
- ❖ Soups or broth
- ❖ One gallon of water per person per day for at least 3 days
- ❖ Manual can opener
- ❖ Extra blankets and warm clothing

### **Winter Weather Safety Tips**

- ❖ Watch for slippery pavement.
- ❖ Allow extra time to cross streets.
- ❖ Wear light or fluorescent colored clothing at night and carry a flashlight.
- ❖ Always wear your seatbelt in your vehicle.
- ❖ Keep your weather radio, AM/FM radio or TV tuned in when extreme weather conditions are in the forecast.
- ❖ Dress warmly, even if indoors.
- ❖ Eat enough food, drink plenty of water and stay as active as possible.
- ❖ Ask friends or neighbors to look in on you once or twice a day, particularly in extreme weather.
- ❖ Do not shovel snow if you are in poor physical condition or have an existing heart problem.
- ❖ Do not attempt to walk on icy paths.